

atm the guides i have are:

- [HRT Homebrew: A Structured DIY MtF Hormone Guide by Anon](#) [Injections]
[Oil/Powder Capsules] [Transdermal Solution]
 - This one's recommended as a great guide, likely written by spiffy, a huge former homebrewer
- [hrt.cat archive](#) [Injections]
 - Controversial but goes in depth into lots of often unacknowledged information.
Generally pretty good (basing this off of hearsay)
 - Goes in depth on proper sterilization procedures and evaluates a number of other guides and procedures
 - Gives information about business and selling practices if that interests you
- [sage's guide - How to make the cheapest estrogen I'd be comfortable injecting if things got REALLY bad](#)
- [estrogel wiki](#) | [estrogel wiki archive](#) [All sorts of transdermal gels, sprays, tinctures, emulsions, etc]
 - Includes DHT recipes for masculinizing
 - Given methods seem very comparably easy to replicate compared to injections.
- [TransDIY wiki](#) | [TransDIY wiki archive](#)
 - Really has it all tbh, mainly here for if the the sub ever gets banned
- [HRT Cafe](#) | [HRT Cafe Archive](#)
 - Resources on an umbrella of mtf related meds in addition to estrogen, anti-androgens, and progesterone
- ~~lena's guide - MtF HRT: Ultimate DIY~~

- Crossed this one out due to it generally being regarded as very unsafe

If you have feedback or info to share (especially for ftm resources) please comment